

Harvesting Healthier Food: Safe Food Handling Practices for Hmong Farmers

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Project Overview

- Timeline – September 2011 – September 2012
- The project **goal** was to increase food safety practice and knowledge for Hmong farmers in the Twin Cities region.
- **Activities** included a series of in-depth food safety training for six Hmong farmers, who then introduced safe food handling practices to other Hmong American farmers in the Twin Cities metro region.

Classroom

Six classroom sessions to teach and demonstrate on-farm food safety practices.



Field trip

Visit to Minnesota Food Association training farm to learn about washing and cooling systems for food safety.



Handwashing Station Demonstration



At the 7th Annual Immigrant and Minority Farmers' Conference. Farmers staffed the educational table for two days.

Peer Training at UROC



Demonstrating how to use sanitizer in produce wash water. Farmer-led trainings for other farmers; over 30 attended.

Peer training at UROC

Teaching proper handwashing technique and how to use the portable handwashing station.



Workshop



Building Handwashing stations for all project participants and friends.



Handwashing Station Team



Graduation Ceremony



Educational Materials Created

- Farmer advisors chose topics and format.
- **Safe Food Handling: Harvesting Healthier Food** manual (with pictures)
- **On-farm Food Safety Reminders** poster (with pictures)
- Guide to using sanitizers in water.
- Video footage on how to build handwashing station.



University Community Collaboration

What worked?

Development of sustained networks of Hmong farmers to share information and best practices.

Intangible outcomes: supported, encouraged, empowered Hmong farmers, particularly women farmers.

